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Biofeedback, mindfulness, and healthy habits to optimize mood states and performance

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Positive mood states are difficult to achieve when stress levels are poorly managed. Furthermore, mindfulness can be challenging in a busy culture that might not support it. In addition, poor health habits can lead to difficulties in reaching optimal performance. Research has revealed that unmanaged stress, anxiety, poor diet, sedentary lifestyles and sleep deprivation make it difficult to experience positive mood states. Given this information, one can achieve optimal functioning by learning habits to improve physiological and psychological states. In this presentation, we discuss three aspects to helping individuals thrive and improve well-being. Specifically, we discuss the use of Biofeedback to measure levels of stress, and how utilizing biofeedback and stress mediating techniques can give one power to regulate both body and mind. Next, we discuss the application of mindfulness for the busy professional, and its integration and adaptation for the Type A personality to improve wellbeing. Finally, we discuss important strategies to integrate exercise, diet, laughter, and goal setting to optimize performance. Research shows the benefits of Biofeedback, Mindfulness, and specific health habits for well-being. The combination of these principles will lead one to optimal performance and positive mood states.

Biography

Lamees Khorshid is a Clinical Health Psychologist in Los Angeles, California. She serves in the public and private sector as a Speaker, Coach and Consultant for individuals, families, executive leaders, CEO's and top athletes. She has given various national and international presentations in Peak Performance, Health and Happiness. She completed her Health Psychology Post-doctoral residency at the Cleveland Clinic, a world leader in medical excellence. Her areas of specialization include performance coaching, corporate wellness, and happiness, and relationships, stress management, achieving goals, and overcoming resistance. She utilizes techniques of motivational interviewing, mindfulness, biofeedback, and cognitive-behavioral therapy to foster success in personal, professional, and relationship goals.

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